

# RESPECT COMMUNITY



# COOPERATION COMMUNICATION

**Understanding the Rights and  
Responsibilities of Our Youth**

*A Respect Manual for the Rye Community  
Rye, New York • April 2012*

# be understanding

*When people live together in a community, they share common rights and responsibilities. These rights and responsibilities can be dictated by law (you obey the speed limit or get a ticket) or be part of the customs of society (when someone says “thank you,” you generally answer, “you’re welcome.”). These laws and widely accepted societal behaviors make life in a small town like Rye safe for everyone, and much more pleasant.*



This is an update of the Respect Manual, first published in 2005 by a group of concerned parents, merchants, police officers and teens, who sought to deepen understanding between all constituencies in the community. It is not a manual designed to lay out every single law that applies to teenagers, parents or police. But it is an attempt to strengthen our shared values and increase understanding among these groups.

As you read through these pages, you'll see guidelines about the rights and responsibilities of many groups. Above all, the message of this pamphlet is that all people in this town, no matter their age, no matter their job, no matter their ethnic background, sexual orientation, or income level, have the right to be treated with respect and courtesy. At the same time, each has the responsibility to treat others with respect, as well.

In the last five years, since the publication of the last Respect Manual, many things have changed. Most notably, the Internet has become an increasingly dominant part of daily life, enabling teens and adults to have instant access to information and to be more distracted than ever. In some cases, cyberspace has become a playground for those who seek to hurt others. These developments have left questions about what is appropriate behavior when using technology and, in some cases, the laws have not kept up. That's why the Respect Manual is more important than ever. We seek to remind all people that their behavior should be governed by an awareness of and respect for the rights of others.

In the last five years, laws have changed. For example, there are new rules about teenage driving. Certain behaviors have become more common, such as texting while driving. This manual has been updated to reflect those changes. It is our hope that it will continue to be relevant and helpful in leading to a better understanding of what teens, parents, police, merchants, and the citizens of Rye want for and from each other.

## youth rights and responsibilities

# be responsible

1. Teenagers have the right to be treated fairly and equally and to be protected by the law.
2. Teenagers have the responsibility to learn and understand the laws that pertain to them.
3. Teenagers have the right to dress and appear as they please and the right to gather in groups as long as they don't break any laws and they don't interfere with the rights of others.
4. Teenagers have the responsibility to take care of their friends, getting medical attention immediately if a friend is injured, intoxicated or ill.
5. Teenagers have the responsibility to appropriately and respectfully use technology including cell phones, the internet and social networking sites.
6. Teenagers have the right to be treated with respect and courtesy and the responsibility to treat others the same way.



## parent rights and responsibilities

1. Parents have a responsibility to know where their children are at all times.
2. Parents have a responsibility to know their children's friends and contact parents of their children's friends.
3. Parents have the responsibility to enforce curfews.
4. Parents have the right to learn about laws that pertain to teens and to ask about interactions between teens and the police.
5. Parents have the responsibility to monitor their children's use of technology to ensure appropriate conduct.
6. Parents have a responsibility to do all that is necessary to ensure their children's health and safety.



# know your rights

## police rights and responsibilities

1. Police have the right to protect themselves and the responsibility to protect others.
2. Police have the right to be treated with respect and courtesy and the responsibility to treat others the same way.
3. Police have the responsibility to investigate crimes and suspicious behavior, respond to complaints and enforce the law.
4. Police have the right to interact informally with teens, parents and merchants to better know their community and deter crime.



## merchant rights and responsibilities

1. Merchants have the right to protect their property, including their storefronts.
2. Merchants have the right to be treated with respect and courtesy and the responsibility to treat others the same way.
3. Merchants have the right to stop disruptive behavior (e.g. unruly crowds, blocking doorways, vandalism).
4. Merchants have the responsibility to protect the rights of their customers.





## tips for communicating between teens and police

1. Respect goes both ways. Treat others the same way you would like to be treated. When dealing with teens, police should be reassuring and informative whenever possible. Teens should understand that the police are doing their jobs and appreciate their cooperation.
2. Understand that the police may be on guard because they do not know who you are. Due to the nature of their job, police are normally on guard and teens may feel intimidated when being approached by the police even if they are innocent of any wrongdoing.
3. If stopped by the police, you should stay where you are until an officer tells you that you can leave. Never run away from the police.
4. If you are giving information, be truthful.
5. Keep your hands visible and try not to make any quick movements while being approached or interviewed by the police.
6. If you feel that you have been mistreated by an officer try to think through why you feel this way. Did you do or say anything that might have been misinterpreted? Did the police respond to any real or imagined threat when they were dealing with you? If you still feel that you have a complaint then call or go to the Police Department and ask to speak with the officer's supervisor because this may clear up the situation immediately.



# communicate



## tips for communicating between parents and police

1. Understand that the police have your children's safety as their first priority. If your child has been stopped or taken to the police station, there is a reason for it.
2. There are two sides to every interaction between teens and police. Listen to your child but also listen to the police. It is critically important to get the full picture of what happened.
3. Be aware that the police are required by law to respond to merchants' and property owners' complaints about teens and their behavior. While your child may have done nothing illegal, the group size or dynamics may have contributed to an awkward or threatening situation. Police may ask teens to move elsewhere.
4. If your child is stopped or questioned by the police and you are not present you may be notified by the police and requested to come to police headquarters or your child will be given an opportunity to call you.
5. Give the officer or the supervisor handling the incident the opportunity to explain what happened and why the police officer took the action they did.

In situations involving juveniles, a detective will schedule a formal meeting with the involved teen and his or her parents. That meeting will provide an opportunity to ask questions and voice concerns in a calm setting. If you are still dissatisfied with the handling of the situation, you have the option of filing a formal complaint.



# ask questions

**note this:**

### formal complaints

If you wish to pursue a formal complaint, tell the supervisor that you would like your complaint forwarded to the command staff of the department. You will need to provide the date, time and place of the incident, and the name and/or description of the officer. You must also include your name, address, telephone number, names of witnesses and a detailed summary of the incident in the form of a sworn statement. You may be called and interviewed by a supervisor assigned to investigate the complaint. At the conclusion of the investigation, you will be notified of the results.

## arrests and searches

If you break the law, there is the possibility that you will be arrested. If you are placed under arrest, keep in mind the following:

- All laws that apply to adults also apply to youth. There are some laws that apply strictly to youth, such as Possession of Alcohol by a minor. The only difference between youth and adult law is the trial and punishment phase.
- If you are age 12 or older, the police can question you without your parents being present. The only person you have the right to have with you is an attorney.
- You will be allowed to call your parents at the earliest reasonable opportunity, but that may not be immediately. When all parties involved in the incident are secure and there are no urgent conditions that need to be addressed by the officers, you will be permitted to make a call to your parents. You do not have to call your parents, but the officer is required to contact them to advise them of the situation if you are under the age of 16.

# be safe

## sweet 16

In the eyes of the law, age 16 is a turning point. After age 16, you are no longer considered a juvenile. That means, for example, that if you use a fake ID to obtain alcohol, you could be charged with a felony crime, which has much more serious implications than if you were a minor trying the same thing. If a police officer asks to search you or your belongings (including vehicles), here are some things to keep in mind:

- What is permitted in a search can be determined by where you are. If you are on school property, school employees simply need reasonable grounds to search your locker. Items in your locker are subject to search because the locker belongs to the school. Remember that the school is responsible for your safety while you are there. Do not take items that may be construed as weapons to school. Similarly, do not take illegal substances to school.
- In order to search you or your car, police officers need to have permission or reasonable suspicion that there is a weapon, contraband or evidence of a crime, or other extenuating circumstances. The standards for searching a vehicle are different from those for searching a home.



## hanging out - use of public spaces

All Rye residents have the right to share and enjoy our public spaces. When using these public spaces, you must adhere to the posted rules and use good judgment and common sense.

**Adhere to the Posted Rules:** In recreational areas like the Skate Park, teens have the responsibility to respect the rules and the property. This means that the park is off limits when the gates are locked after dark. It also means that graffiti is prohibited. Sneaking into the park when it is closed and defacing the facility is disrespectful to the community and its residents. When using the Park during the day, please show respect for families with young children playing nearby. This requires that you do not swear and that you refrain from obnoxious behavior. The police have the responsibility to enforce the posted rules, and to respond to civilian complaints.

**Use Common Sense:** On public streets such as Midland Avenue, Sonn Drive, and Oakland Beach Avenue, long boarding and skateboarding are risky behaviors that can result in injuries and accidents involving cars. Teens have the responsibility to be mindful of cars and pedestrians using these roads. Teens also must respect public property such as school parking lots, playgrounds and city tennis courts. Police have the responsibility to respond to complaints that may arise from obstructing vehicular or pedestrian traffic or creating a nuisance in these public places.

**Respect the Site:** In public spaces like the Village Green, the Gazebo by the Rye Free Reading Room and the shops along Purchase Street, teens have the responsibility to be respectful of the site and of the people around them. The Gazebo was erected to honor the memory of Rye victims of the September 11th 2001 tragedy. Loud and lewd behavior is not respectful to the site. The Village Green is a wonderful gathering place for residents of all ages. Some people enjoy sitting on the benches or the grass, others choose to play football and frisbee. The police have the responsibility to remove offenders from the scene and maintain order at the site.



# be respectful



# sex and drugs and parties

## Teens

A weekend party - it makes you feel so grown up to be out with your friends. Often teens' desire to be cool leads them to choices that end up being very uncool. If you are at a party where alcohol is being served, you are taking a great risk. That may sound silly to those who've been there and done that, but consider this: Your body is still growing and can be negatively affected by alcohol consumption. Parents who host parties where alcohol is served risk jail time and a fine of up to \$1,000. They also open themselves up to lawsuits should someone injure themselves on their property. Could you be responsible for your parents going to jail? Or for your friends' parents facing a similar situation?



Here are some things to keep in mind if you're at a party when police show up:

- The police have probably arrived because someone called to complain about noise, drinking, or behavior they've observed.
- It is important to remember that the police are interested in safety first, and safety outweighs certain rights.
- **The safety of your friends should come before your fear of getting in trouble.** If someone is intoxicated or injured, or the party feels out of control, call the police for help. Never leave an intoxicated friend alone to "sleep it off." If a friend needs medical attention, call 911. Emergency Medical Service personnel are trained to treat people on the spot and that can save a life. People's behavior can seem funny when they've been drinking, but if a person is ill, has injured him or herself, or can't speak, call 911. Alcohol poisoning can be deadly, and the consequences of not calling for help can be far more severe than the consequences of breaking a law. **Never forget that the memory of a trip to the police station will fade in time; the memory of a friend who died will not.**
- Officers have some discretion in these situations and each officer is different. If you are a party guest and are directed to leave, make sure you do it safely (go only with sober drivers, and don't allow intoxicated people to drive.)
- If you are caught drinking at a party, your parents may be called to come get you.
- If you are under 21, you may be issued a summons for "Possession of Alcohol."
- Be cooperative. Underage drinking is illegal. **Remember, the police don't make the laws, but it is their job to enforce them.**

**be  
smart**





# seek help

**note this:**

## **Ignorance Is Not Bliss**

Even if you are not home when the party takes place, you can still be held civilly liable for damages arising from underage drinking in your home. If a nanny, housekeeper, or any other childcare provider is present, she or he can be held liable.

## **A Few More Words on Parties With Alcohol...**

Alcohol and drug use lower inhibitions. After a few drinks, people laugh more easily, find things funnier than usual, and say things that they might normally keep to themselves. Drug use can have the same effect. It can also make people lose their sexual inhibitions, and make foolish choices.

In recent years, the police have arrived at parties to find:

- teens engaged in sexual activity in front of their peers;
- teens forced to engage in sexual activity;
- Cell phones and digital cameras used to record sexual activity and then posted on the Internet.

If you witness anyone being sexually harassed at a party, call 911. The safety of your friends should come before your fear of getting in trouble. If you are sexually harassed at a party—even if at first you thought it might be fun – you can call 911 for immediate help, or speak with a trusted adult.

## **Parents**

Did you know that you could be held civilly and criminally liable when you host a party or event where underage drinking takes place? A person who provides alcohol to a person under 21 can be criminally charged with Unlawfully Dealing with a Minor, a misdemeanor punishable by up to 90 days in prison and a fine of \$1,000.

Civil suits are often brought against people who serve alcohol to minors when:

- Someone, particularly a minor, is injured on your property;
- A minor dies as a result of drinking on your property;
- An underage person gets into a fight, falls and hurts him or herself or is sexually assaulted on your property, especially if the teens were served the alcohol while on your property;
- Your neighbor's property is damaged by minors attending a party at your home;
- An intoxicated minor leaves your property and is involved in a motor vehicle accident or causes injury to him or herself, or others.

## alcohol poisoning

### What is alcohol poisoning?

Alcohol depresses nerves that control involuntary actions such as breathing and the gag reflex (which prevents choking). A fatal dose of alcohol will eventually stop these functions.

Be aware of the critical signs of alcohol poisoning:

- Mental confusion, stupor, coma or a person can't be roused
- Vomiting and/or seizures
- Slow breathing (fewer than 8 breaths/minute) or irregular breathing (10 seconds or more between breaths)
- Hypothermia (low body temperature), bluish skin color or paleness

### What do I do if I think someone has alcohol poisoning?

- Do not wait for all the symptoms to appear!
- If a person is vomiting, make sure you put them on their side and NOT on their backs
- If someone has passed out, they could die without help
- If there is any suspicion of an alcohol overdose, call 911 for help!
- NEVER leave a person in distress ALONE – stay with him or her until help arrives.

***Don't be afraid to seek medical help.  
Don't be afraid of getting into trouble.  
Don't be afraid that your friend may become angry or embarrassed. WITHOUT MEDICAL HELP, YOUR FRIEND COULD DIE.***

### note this:

**MYTH:** *I can sober up quickly if I need to.*

**TRUTH:** If you think that taking a shower, drinking 10 cups of coffee or eating a loaf of bread will help you sober up - think again. The only thing your body needs is time – depending on your weight, it takes about three hours to eliminate every two drinks you've had that night. Alcohol leaves the body of everyone at a rate of about .015 percent of blood alcohol content (BAC) per hour. So, a person with a BAC of .015 would be completely sober in an hour while a person with a BAC of ten times that (.15) would require 10 hours to become completely sober.



## teens and technology

Familiarity with technology provides teens with a unique opportunity; the ability to learn, to communicate and to express themselves in ways that were impossible just a few short years ago. However, with these opportunities come potential problems, such as addictive behavior, reliance on texting and other forms of electronic communication as social interaction, and violation of one's privacy.

It is important that teenagers keep themselves safe and smart when using technology, such as the internet, social networking sites such as Facebook, on-line gaming sites and cell phones.

1. Show respect for other people and yourself when posting pictures, tagging a picture, forwarding a text, an e-mail message or a picture, or when commenting. Don't embarrass your peers with unwelcome posts or comments.
2. Do not forward inappropriate material; show it to a responsible adult who can then decide how to appropriately handle this material. If you receive it delete it. If you forward it, you could face criminal prosecution and/or be placed on a sexual offender list.
3. Discourage cyber-bullying at every opportunity and talk to your parents if you feel harassed or threatened on line or through text messages.
4. Protect yourself by not sharing personal information such as your address, Social Security number, passwords, etc. with anyone online or offline.



# just say 'no'

## cyber-stalking

Every year about 1 million women and about 40,000 men are victims of stalking in the United States. The physical and mental tolls of being a victim can have serious ramifications.

If you think you are being stalked, ask yourself the following questions:

1. Is it reasonable for you to feel threatened as a result of the other person's actions?
2. Has the behavior occurred more than once or on a regular basis?
3. Is the situation unavoidable?
4. Have you told the other person their behavior makes you uncomfortable and have they continued?

If you are a victim and need help:

1. Tell someone you can trust.
2. Trust your gut, pay attention and act accordingly. Put your safety first.
3. Document, document, document... keep a record of e-mails, texts, voice mails and any other communication from the stalker.
4. Talk to the police..let them know what is going on.



## new york state driving laws

New York implemented a “Graduated Licensing Law” which places restrictions on Junior Drivers under the age of 18.

- You can apply for your learners permit when you turn 16, however you must wait 6 months after you receive your permit to schedule your road test. During that time, you can only drive with a licensed instructor or an adult over the age of 21 who is a licensed driver. In order to schedule your road test, you must have completed 50 hours of practice (with 15 hours at night) and either a 5 hour pre-licensing course or HS Driver Education program.
- Once you pass your road test, you will receive a Junior License, which limits the number of non-family member passengers to 1, and limits your driving to between 5 am and 9 pm. You will receive your unrestricted license when you turn 18 (or 17 if you take a HS Driver Education program).



**drive safely**



## distracted driving: phones, friends, food, fatigue

Car crashes are the leading killer of teens in America killing more young people than drugs, war and crime combined. Over 6,000 teenagers are killed every year on our roads. While most people would blame these deaths on drunk driving, the fact is that the majority of car crashes among teenagers are caused by distraction behind the wheel. There are four key areas of distraction that affect your driving. These areas are: Phones, Friends, Food and Fatigue. The following outlines what you can do to minimize the risk to yourself, your passengers and other drivers:

**Phones:** The cell phone is often the primary way we keep in touch with our friends and family. Talking on your cell phone while driving is MORE dangerous than driving drunk, and being on a Bluetooth headset makes no difference. You are 23 times more likely to have an accident if you text while driving! To keep yourself from being distracted by your phone while driving, turn off the phone before you get in the car.

**Friends:** One of the best things about getting your driver's license is that you can finally drive with your friends! You're twice as likely to get into an accident with each additional passenger in your car. This number doubles again at night. That's why Graduated Driver Licensing has been enacted here in New York and in most other states.

**Food:** Teenagers love to grab fast food and eat on the road but this activity is one of the most distracting things you can do while driving. Just like texting, taking your eyes off of the road for even three seconds to reach for a french fry, or using two hands to open a can of soda can have serious consequences.

**Fatigue:** Fatigue is often a consequence of the busy lives and jam-packed schedules of today's teens. When you are tired behind the wheel, you put your own and other people's lives in jeopardy. If you cannot keep your eyes open, or if you are not alert while driving, you have the responsibility to stop the car in a safe place either beside the road or in a nearby parking lot. Take a short nap to refresh yourself before continuing to drive.

# minimize your risk



## defensive walking: pedestrian safety

# walk safely

Many people spend years practicing defensive driving, anticipating what the other driver might do. Walking also requires thinking ahead about what a driver might do. The City of Rye has spent a lot of time and resources to develop and enforce safe walking conditions in the community such as side-walks, traffic signals and stop signs. There are things that pedestrians can do to make themselves as safe as possible.

Defensive walking is all about identifying situations that carry higher risks of being hit by a car and taking steps to control these situations as much as possible.

### crossing

The following conditions are especially hazardous and require extra caution:

#### Intersections

Although intersections are where pedestrians should cross, they are often where you need to be extra careful of on-coming cars. Even if it is a pedestrian crosswalk, anticipate that a driver might run a red light, or a stop sign.

#### Stepping off the Curb

Check for cars before stepping into the street and make sure that drivers see you. You may not be visible to drivers if you are standing between parked cars and trying to cross the street or entering your vehicle.

#### Visual Screens

When there is more than one lane of traffic in the same direction, one car that stops can act as a “visual screen”. This means that the stopped car blocks the driver in another lane from seeing pedestrians trying to cross the street.

### vehicles backing up

There are three main situations in which pedestrians might encounter cars traveling in reverse:

- when a walkway crosses a driveway
- when crossing between parked cars
- in a parking lot.

When backing up, a driver may not be able to see directly behind, or may not be looking for pedestrians. Likewise, pedestrians may be looking for moving cars, not parked cars that are about to move. When walking in any of these situations, look for brake lights and listen for engine noise and other cues that a car is about to move.

### distracted walking

Distracted Walking can have serious consequences for pedestrians just like Distracted Driving has for people behind the wheel of a car. When walking on sidewalks that intersect driveways, trying to cross a street, or in parking lots, a pedestrian needs to be alert and refrain from distractions. Talking on cell phones, listening to iPods, or texting and e-mailing from your smart phones while crossing the street or walking in parking lots cause you to lose awareness of your surroundings and jeopardize your safety.

## traffic stops

Vehicle stops are the most dangerous part of a police officer's job. If you find that you are stopped by a police officer while driving, here are important things to keep in mind:

### Relax – Stay in the Car

Wait for the officer to approach your vehicle. Turn on your car's interior light if it is dark. Keep your hands on the wheel of the car so the officer can see them. In most cases the officer will tell you why he or she stopped you. If he/she does not, and you do not know why you were stopped, ask politely.

### Cooperate

Keep in mind that the officer may be on guard as he or she approaches your car because he or she does not know anything about you. The police officer does not know if he or she is stopping a mere traffic violator, a wanted person, or someone fleeing from a serious crime. Often, especially at night, the officer does not know your age, race, or gender when he or she stops your car. After the officer explains the reason you were stopped, he or she will ask to see a driver's license, car insurance and registration information. Wait until the officer asks for these items, and then explain that you may have to reach into your glove compartment, wallet, purse or backpack to retrieve the documents.

### Know the Law

It is your responsibility as a driver to make sure that your vehicle meets all equipment and inspection requirements. In addition, you must have a current and valid driver's license, insurance policy and registration documentation. Traffic laws are governed by "strict liability." This means that even though you did not mean to do something, or did not know it was illegal, you are still responsible for the consequences of the wrongdoing. There are many violations that can lead to the issuance of a summons (ticket).

These include:

- talking and texting on a cell phone
- listening to an iPod
- not wearing a seatbelt
- defective and/or unauthorized lights on the outside of the vehicle
- loud mufflers

If you are searched or arrested as a result of a "routine stop" that means that the officer had some reason to suspect a crime. An officer can place you under arrest if he or she observes the following:

- an open container of alcohol in the vehicle
- evidence of illegal drugs in the vehicle
- signs of intoxication or drug use

Once you are arrested, you, your passengers and your vehicle may be searched without a warrant.



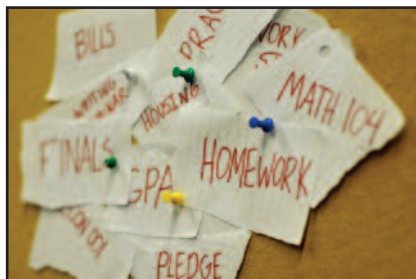
# obey the law



# dealing with stress

## emotional health, well-being and safety

"The measure of a nation is how well it attends to its children, their security, education and socialization, sense of being valued and respected in their families, among their peers, and in their schools and larger society." *UNICEF. (2007). Child poverty in perspective: An overview of child well being in rich countries.*



### Coping with Stress and Pressure

Since adolescence is a period of significant change, including physical, emotional, social, and academic changes, many teens are under more stress than at any other time of life.

Signs of stress include:

- Feeling sad, on edge, guilty or tired
- Having headaches, stomach aches, trouble sleeping
- Wanting to be alone all the time
- Not enjoying activities you used to enjoy
- Feeling resentful of others
- Feeling like you have too many things to do

It is important to learn healthy stress management techniques, such as:

- Setting small goals and breaking tasks into smaller manageable chunks
- Exercising and eating regular meals, and avoiding excessive caffeine
- Focusing on things you can control and letting go of things you cannot
- Rehearsing and practicing feared situations (e.g., practicing public speaking or asking someone out on a date)
- Talking about problems with others, including parents, other adults and friends
- Lowering unrealistic expectations
- Scheduling breaks and enjoyable activities, such as music, art, sports, socializing
- Accepting yourself as you are and identifying unique strengths and building on them, but realizing no one is perfect!

Teen stress can lead to more serious problems, such as low self esteem, eating disorders, hurting (cutting) yourself, depression, alcohol and drug abuse. It is important to talk to a parent or other caregiver, or seek help through a professional if you feel your stress level is out of control.

## dealing with bullying and harassment

Bullying takes on many forms: direct behaviors such as teasing, taunting, threatening, hitting and intimidation, or indirect behaviors such as spreading rumors or intentional exclusion. Bullying involves the bully, the victim, and the witnesses.

### ***If you are the bully:***

**GET HELP** – you deserve to have people thinking well about you and helping you to change your behavior. It is never OK to take out your problems on others.

### ***If you are the victim:***

- Ignore the bully
- Walk away
- Use humor
- Talk to a friend
- Tell an adult
- Join a group of people; most bullies will go after someone who is alone
- Act confident; don't give the bully any more power over you

### ***If you are the witness:***

- Try to interrupt or stop the bully
- Distract the bully
- Get a group together to challenge the bully
- Become friends with the victim
- Tell an adult
- Support the victim privately

The impact that bullying can have on a victim can be serious and last a lifetime.

Bullying is considered harassment and a person who bullies can be subject to prosecution.

***Telling an adult about bullying if you are a witness or victim is not tattling; it is responsible behavior.***



# get help



# healthy teen dating relationships

A healthy teen dating relationship is the key to preventing dating violence.

1. In a healthy relationship, both people feel they are cared about, accepted and valued for who they are.
2. Relationships should be built on trust, and feel emotionally and physically safe.
3. Relationships should be respectful; you should value each other's opinions, decisions and boundaries.
4. Both people in a relationship have equal say in the choices about the relationship. No one should have more control than another.

## protect yourself

### Questions To Ask Yourself If You Think You Might Be in an Unhealthy Relationship

*Does your boyfriend or girlfriend:*

- Have sudden or extreme mood swings?
- Make fun of you, put you down, or embarrass you in front of others?
- Have a history of bad relationships, or past violence, blame others for his/her problems or blame you for making him/her treat you badly?
- Try to get you high, drunk or try to get you alone when you don't want to be?

*Do you:*

- Feel less confident about yourself when you're with him/her?
- Feel scared or worried about doing or saying the wrong thing?
- Find yourself changing your behavior out of fear or to avoid a fight?

Teens are seriously at risk for dating violence. Research shows that physical or sexual abuse is a part of 1 in 3 high school relationships. Abusive relationships have both good and bad times. Part of what makes dating violence so confusing and painful is that there is love mixed with the abuse. This can make it hard to tell if you are really being abused.

**Without help, the abuse will only get worse. If you think you might be in an abusive relationship, tell an adult you trust, or call the National Domestic Violence Hotline at 1-800-799-7233.**



## domestic violence

Domestic violence, or any type of physical or emotional harm that happens in your home, can be extremely damaging and leave you confused, scared or anxious.

*If you are a child in a violent home:*

- Understand that you are not to blame or responsible, and that you cannot rescue your abused parent. You must seek help.
- Violence in the home may be affecting you.

*You may:*

- have trouble learning or concentrating in school
- have anxiety or depression
- abuse drugs and alcohol
- exhibit aggressive or anti-social behavior
- have feelings of low self-esteem

- You may be repeating the cycle in your own abusive relationship, either as the abuser or as the victim.

**It is important to seek help. You may want to keep this a secret because you are ashamed or scared. Remember that you have the right to be loved and cared about without being a witness to or being subjected to abuse or violence.**

# seek help!

## resource information

### **AIDS Related Community Services (ARCS)**

(914) 345-8888

[www.arcs.org](http://www.arcs.org)

### **Alcoholics Anonymous**

(212) 647-1680

### **Al-Anon/Alateen**

(914) 946-1748; (212) 941-0094

[www.al-anon.alateen.org](http://www.al-anon.alateen.org) OR [www.hudsonestuaryalanon.org](http://www.hudsonestuaryalanon.org)



### **Briarcliff Institute for Recovery and Development**

(Help with addictions.)

(914) 762-8538

[www.briarcliffinstitute.org](http://www.briarcliffinstitute.org)



### **Center Lane**

(Gay/Lesbian/Transgender Services)

(914) 358-1006

[www.centerlaneny.org](http://www.centerlaneny.org)

### **Child Abuse Prevention Center**

(914) 682-2273

[www.preventchildabuse.net](http://www.preventchildabuse.net)

### **Child Protective Services**

#### **Westchester County**

This agency receives and begins investigating reports of abuse or maltreatment 24 hours per day, 7 days per week. The New York State Central Register hotline 1-800-342-3720 transmits all reports to the Westchester Child Protective Services Program Office, 112 East Post Rd, White Plains, NY 10601. For information weekdays, 9:00 am to 4:00 pm, call 914-995-5330; weekdays, 4:00 pm to 9:00 am, on weekends and on holidays, reports are received by Emergency Services, which can be reached through a hotline at 914-995-2099.

### **Emergency Police and Fire – Dial 911**

### **Four Winds Hospital**

(A mental health provider of inpatient and outpatient treatment services for children and adolescents).

(914) 763-8151

[www.fourwindshospital.com](http://www.fourwindshospital.com)

### **GLSEN**

(Westchester Sub Chapter) – Gay, Lesbian and Straight Educational Network

(914) 962-7888

[westchesterNY@chapters.glsen.org](mailto:westchesterNY@chapters.glsen.org)

### **Greenwich Adolescent Medicine**

(Eating Disorders, obesity, and other body image issues.)

(203) 532-1919

[www.greenwichadolescentmedicine.com](http://www.greenwichadolescentmedicine.com)



### **Hope's Door,**

previously The Northern Westchester Shelter (Domestic Violence Shelter)

24 hour hotline (888) 438-8700

[www.northernwestchestershelter.org](http://www.northernwestchestershelter.org)

### **Lawyer Referral Services**

(914) 761-5151

### **Legal Aid Society of Westchester**

(Provides help in criminal matters.)

(914) 286-4300



### **My Sister's Place**

(An agency that works to end domestic violence.)

24 hour hotline (800) 298-SAFE

[www.mysistersplaceny.org](http://www.mysistersplaceny.org)

### **Narcotics Anonymous**

(212) 929-6262

[www.na.org](http://www.na.org)

**Open Door Family Medical Center**

(Healthcare provider to the economically disadvantaged.)  
(914) 937-8899  
[www.opendoormedical.org](http://www.opendoormedical.org)

**RADAR** (Responsible Action:  
A Drug and Alcohol Resource)  
(914) 725-2771 or (914) 834-6041

**Rye City Hall**  
(914) 967-7412  
[www.ryeny.gov](http://www.ryeny.gov)

**Rye Free Reading Room**  
(914) 967-0480  
[www.ryelibrary.org](http://www.ryelibrary.org)

**Rye Police – Non-Emergency**  
(914) 967-1234

**Rye Recreation Department**  
(914) 967-2535  
[www.ryeny.gov/recreation.cfm](http://www.ryeny.gov/recreation.cfm)

**Rye YMCA**  
(914) 967-6363  
[www.ryeymca.org](http://www.ryeymca.org)

**Rye Youth Council**  
(914) 967-3838  
[www.ryeyouthcouncil.org](http://www.ryeyouthcouncil.org)

**St. Vincent's Hospital**  
(Help with mental health and/or chemical dependency.)  
(914) 967-6500  
[www.svcmmc.org](http://www.svcmmc.org)

**STAR**  
(Students Terminating  
Abusive Relationships)  
(914) 747-0828

**Student Advocacy**  
(An agency that has experts in the law and education who help parents, students and other professionals resolve educational problems.)  
(914) 347-3313  
[www.studentadvocacy.net](http://www.studentadvocacy.net)

**Suicide/Crisis Prevention Hotline**  
(914) 347-6400

**The Bereavement Center of Westchester**  
(914) 961-2818  
[www.thebereavementcenter.org](http://www.thebereavementcenter.org)

**The Community Counseling Center**  
(914) 698-7549  
[www.communitycounselingcenter.org](http://www.communitycounselingcenter.org)

**The Den for Grieving Kids**  
(203) 655-4693  
[www.familycenters.org/content/view/58/51/](http://www.familycenters.org/content/view/58/51/)

**United Way's 211 Helpline –**  
Dial 211



**Wired Safety**  
(The World's Largest Internet Safety, Help and Educational Resource)  
[www.wiredsafety.org](http://www.wiredsafety.org)



## OTHER POSSIBLE RESOURCES:

### **National Insitute on Alcohol Abuse and Alcoholism**

<http://www.niaaa.nih.gov/>

### **The Online Mom**

[www.theonlinemom.com](http://www.theonlinemom.com)

### **The National Council on Alcoholism and Drug Dependence**

<http://ncadd.org/>

### **Anti-Drug Resources**

[www.theantidrug.com](http://www.theantidrug.com); [www.drugfree.org](http://www.drugfree.org)

### **American Council for Drug Education**

[www.acde.org](http://www.acde.org)



*This manual was made in cooperation with...*

*The Rye Chamber of Commerce, The Rye Youth Council, The Rye YMCA,  
Rye Police Department, Port Chester-Rye-Rye Brook EMS,  
Rye Country Day School, Rye City Schools, Rye Recreation,  
Fresh Green Light and The Online MoM*



## inside this manual...

Youth Rights & Responsibilities • Parent Rights & Responsibilities  
 Police Rights & Responsibilities • Merchant Rights & Responsibilities  
 Tips for Communicating Between Teens and Police • Sex & Drugs and Parties  
 Tips for Communicating Between Parents & Police • Arrests & Searches • Use of Public Spaces  
 Alcohol Poisoning • Teens & Technology • Cyber-Stalking • New York State Driving Laws  
 Distracted Driving: Phones, Friends, Food, Fatigue • Resource Information